

TAI CHI AND QI GUNG DAY

- WHEREAS: The ancient Chinese art of Tai Chi is a series of dancelike movements linked together in continuous, synchronized postures; and
- WHEREAS: Tai Chi is beneficial to all ages by improving one's workout, helping to recover faster from injury, reducing stress, improving balance, increasing energy, and developing the mind-body connection; and
- WHEREAS: Tai Chi is recommended by doctors throughout the world for people with musculoskeletal conditions, because it gradually improves flexibility and builds muscle strength; and
- WHEREAS: World Tai Chi and Qi Gung Day falls on the first Saturday in April; and
- WHEREAS: This year, World Tai Chi and Qi Gung Day will be celebrated with demonstrations and workshops all over Georgia on April 12, 2003; and
- THEREFORE: I, SONNY PERDUE, Governor of the State of Georgia, do hereby proclaim April 12, 2003, as TAI CHI AND QI GUNG DAY in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this ninth day of April in the year of our Lord two thousand three.